

### Abstract of the Disclosure

A U-head plate is provided having a channel for capturing a base plate of a shoring apparatus. A pair of inwardly opposing L-shaped extensions extending downwardly from the U-head plate forms the channel. A latch attached to the U-head plate has a tongue for engaging a notch in the base plate of the shoring apparatus upon capture of the base plate of the shoring apparatus within the channel. The tongue is biased toward the notch by a spring.